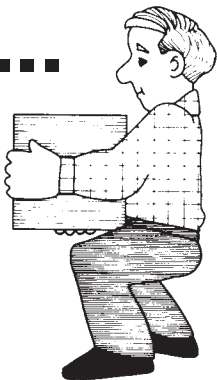


# WHEN LIFTING...

- **Keep the load close**
- **Don't twist while lifting**
- **Turn by shifting your feet**
- **Get help if needed**



Safety Message from  
Michigan Department of Labor & Economic Growth  
Consultation Education & Training Division

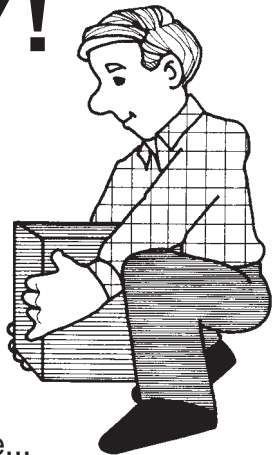
MIOSHA/CET #0203 (12/03)



# LIFT SAFELY!

**Use Your  
Legs...**

**Protect Your  
Back!**



More...